

Wellness Resources

Take some time to check out some of the resources below. There is a lot of information available when it comes to wellness and coping strategies.

Start by looking for a few strategies that you think you could try. See what works for you, there is no “one size fits all” solution when it comes to your mental health. Also, as you change and grow, your strategies may also need to change.



Topics:

Links:

Coping Strategies

School Mental Health Ontario: [Self-care 101](#)

Kids Help Phone: [Helpful resources for coping with COVID-19](#)

Crisis Lines: [Struggling and Need to Chat?](#)

23 Tips for Isolation: [23 Tips for Isolation](#)

Action for Happiness: [Active Coping Calendar](#); [How to Keep Mentally Healthy During Uncertain Times](#)

Growth Mindset: [4 minute inspiring video](#)

Understanding Anxiety

Teen Health and Wellness Article: [Academic Anxiety](#)

Mindfulness

Mindfulness: [Links](#)

Deep Breathing: [3 minute guide to deep breathing](#)

Music

Relaxing Music: [Links](#)

Staying Active

Free workout videos: [Pop Sugar Fitness YouTube Channel](#)

Goal Setting

S.M.A.R.T. Goals: [Understanding SMART goals](#); [Worksheet](#)

Additional Resources for Mental Health

TDSB: [Mental Health and Well-being Resources](#)